

# LSD-Long Slow Distance

1. Adjective
2. Adjective
3. Noun
4. Verb Base Form
5. Verb Base Form
6. Verb Present Ends In Ing
7. Noun
8. Verb Base Form
9. Noun
10. Verb Present Ends In Ing
11. Adjective
12. Verb Present Ends In Ing
13. Noun
14. Verb Present Ends In Ing
15. Noun Plural
16. Noun
17. Noun
18. Verb Past Tense
19. Verb Present Ends In Ing
20. Noun
21. Noun

# LSD-Long Slow Distance

It was a \_\_\_\_\_, \_\_\_\_\_ morning. I had just set a \_\_\_\_\_ to \_\_\_\_\_ more miles this month than I ever have before. I \_\_\_\_\_ out of my bed. I put on the \_\_\_\_\_ clothes I laid out the night before and I was almost set to go out. I also made a \_\_\_\_\_ specifically for my run \_\_\_\_\_ I then went downstairs, grabbed my \_\_\_\_\_, and I was out the door. I did some light \_\_\_\_\_. I took a moment to think about my goal. I was pretty \_\_\_\_\_ that I could reach my goal of \_\_\_\_\_ more \_\_\_\_\_ than ever before because this was my first time starting a \_\_\_\_\_ program. I went to a few \_\_\_\_\_ and I read a couple \_\_\_\_\_ and received tons of \_\_\_\_\_. I was \_\_\_\_\_ on which shoes to buy and what types of food to eat. With all of this advice I figured that the actual \_\_\_\_\_ would be the easy part. Boy was I wrong. After about 5 minutes I though my lung was going to fall out. After 10 minutes, I knew for sure that it had fallen out. After 15 minutes, my \_\_\_\_\_ felt like they each weighed 200 lbs. Then I realized that my \_\_\_\_\_ alone were 200 pounds each.